

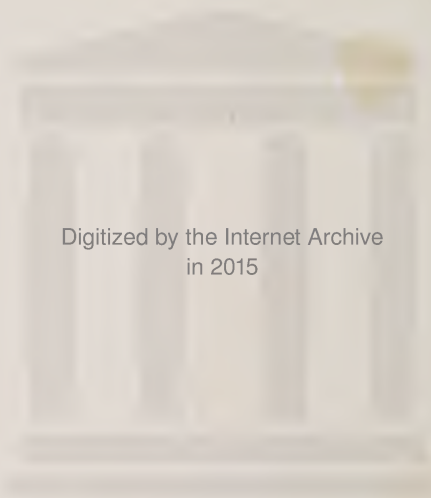
The Mount Sinai Training School for Nurses

New York City



Announcement

1916



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NURSES' HOME

The Mount Sinai Training School for Nurses

Registered by the State Board of Regents
of the State of New York

ANNOUNCEMENT

NEW YORK CITY

1916

Officers of the Training School Board.

ALBERT W. SCHOLLE	<i>President</i>
HUGO BLUMENTHAL.....	<i>Vice-President</i>
EMIL BEROLZHEIMER	<i>Treasurer</i>
SIEGFRIED S. PRINCE.....	<i>Secretary</i>

Committee on Nursing and Instruction.

ALBERT W. SCHOLLE.....	<i>Chairman</i>
NATHAN E. BRILL, M.D.....	<i>Secretary</i>

CHARLES H. MAY, M.D.

EDWIN BEER, M.D.

HUGO BLUMENTHAL

JACOB EMSHEIMER

ALBERT STERN

Physician to the School

NATHAN E. BRILL, M.D.

Lecturers to the School

H. W. BERG, M.D.

C. H. MAY, M.D.

E. MAYER, M.D.

H. LILIENTHAL, M.D.

H. KOPLIK, M.D.

H. SCHWARZ, M.D.

H. HEIMAN, M.D.

H. WESSLER, M.D.

J. C. A. GERSTER, M.D.

Superintendent of the Hospital

S. S. GOLDWATER, M.D.

FACULTY

Superintendent of Nurses and Principal of the School.

ELIZABETH A. GREENER, R.N.

The New York City Training School, New York City

Assistant Superintendent

MARTHA M. SCOTT, R.N.

The Mount Sinai Training School, New York City

Instructors

MARGARET I. KERRINS, R.N.

The Bridgeport Hospital Training School, Bridgeport, Conn.

AMY H. TRENCH, B.S., R.N.

The Mount Sinai Training School, New York City
Graduate of the Department of Nursing and Health,
Teachers College, Columbia University

Night Superintendent

A. HELEN LEES, R.N.

The Mount Sinai Training School, New York City

Instructor in Dietetics.....ELVA GEORGE, Pratt Institute
Instructor in Massage.....ALICE GILBERT, R.N.
Instructor in Elocution.....GRACE GUNN

SUPERVISORS AND ASSISTANT INSTRUCTORS

Private Pavilion

MARY R. ERWIN, R.N.

The Mount Sinai Training School, New York City

Dispensary

MAY SLATOR, R.N.

The Mount Sinai Training School, New York City

Social Welfare Department

BERTHA KRUER, R.N.

The Mount Sinai Training School, New York City

Operating Rooms

HILDA OLSEN, R.N.

The Mount Sinai Training School, New York City

Medical Pavilion

MAE WUGHTER, R.N.

The Mount Sinai Training School, New York City

Surgical Pavilion

MABEL E. SHORTLIFFE, R.N.

The Mount Sinai Training School, New York City

Children's Pavilion

SYDNEY A. HARVEY, R.N.

The Mount Sinai Training School, New York City

Night Supervisor, Private Pavilion

FANNIE MOORE, R.N.

The Mount Sinai Training School, New York City

Operating Room Assistants

ELLA OSBORN, R.N.

ELLA LA MOTHE, R.N.

FRANK MARSHALL, R.N.

MARION L. MOXHAM, R.N.

MILDRED FREEBORN, R.N.

Head Nurses

MADELEINE TISCH, R.N.....	<i>Semi-Private Wards</i>
MARTHA JOYCE, R.N.....	<i>Private Pavilion</i>
KITTIE ZACHARIAH, R.N.....	<i>Private Pavilion</i>
MAUDE HORNER, R.N.....	<i>Reception Ward</i>
INA DOWNES, R.N.....	<i>Gynecological Ward</i>
ALICE GILBERT, R.N.....	<i>Physical Therapy</i>
CORA BALL, R.N.....	<i>Night Assistant</i>
PETREA PETERSEN.....	<i>Physical Therapy</i>
FLORENCE HOUCK.....	<i>Eye, Ear, Nose and Throat</i>
REBECCA WILLIAMS.....	<i>Surgical Roof</i>
GRACE HAWES.....	<i>Medical Roof</i>
.....	<i>Surgical Ward</i>

Assistants, Social Service Department

CARRIE GIBSON, R.N.

MINNIE ROBERTS, R.N.

HELEN MOSES, R.N.

RACHEL MIKELS, R.N.

EVELYN TROUMBLEY, R.N.

LEILA ATKINSON, R.N.

Registrars

MAUDE L. JARVIS, R.N.

ANNA M. THOMPSON, R.N.

Matron Nurses' Home

A. KATRINA KNAUF.

House Mother

MAY GERTRUDE WILLSIE, R.N.



NURSES' SITTING ROOM.

BRIEF HISTORY OF THE MOUNT SINAI HOSPITAL AND TRAINING SCHOOL.

The Hospital was incorporated in 1852. Its first building was a small private dwelling in Twenty-eighth Street, between Seventh and Eighth Avenues. It accommodated twenty-eight patients. In 1871, the Institution was moved to Lexington Avenue between Sixty-sixth and Sixty-seventh Streets, where in a new and larger building two hundred patients were accommodated.

The Hospital now occupies an entire square block. It is bounded by Madison Avenue, 100th Street, Fifth Avenue and 101st Street. It accommodates 508 patients, while in its out-patient department nearly 1,000 patients are treated daily. Extensive additions to the present buildings are now in the process of construction. These will occupy another city block adjoining the present property, and when completed will increase the capacity of the Hospital to 750 beds. Among the buildings planned are a new and most complete Children's Hospital and Dispensary, a new Private Pavilion, Pathological Laboratory and Dormitories for hospital employees. The present Nurses' Home will be supplemented by a second building, a model of its kind, to be used exclusively for the purposes of the Training School.

The Mount Sinai Training School, established in 1881, has grown steadily and is to-day one of the largest and best known Schools in the country. In 1905, in accordance with the New York State law enacted in that year, the School was registered by the Board of Regents of the State of New York, thus placing it in the ranks of officially recognized training schools in the State.

It is the earnest purpose of the School to maintain a standard commensurate with the unusual opportunities it has to offer, and to assist in meeting the demand of the public for a more complete and well rounded education for nurses. The School recognizes that trained nurses are an essential factor in the effort of society to deal with important social problems. In the three year course of study and practical experience offered, adequate preparation is given for any of the many careers now open to well-trained nurses.

GENERAL STATEMENT.

Advantage of the Hospital as a Training Field.

The Mount Sinai Hospital, one of the largest in New York City, and presently to become, with but one exception, the largest voluntary hospital in the world, affords exceptional advantages for the education of nurses. The buildings embrace the best features of hospital construction and include separate pavilions for general medicine, surgery and the care of children. Special wards are devoted to patients suffering from gynecological, neurological, ophthalmic and aural diseases. There are ten operating rooms, and a splendidly equipped private pavilion with all modern conveniences and with a capacity of sixty patients. In the large dispensary or out-patient department over 800 patients are treated daily.

By arrangement with the trustees of the Sloane Hospital for Women and the New York Lying-In Hospital, each nurse receives a three months' course in obstetrics at



PROBATIONERS' STUDY HOUR.

one of these institutions during her period of training. There is also opportunity for those who desire it, for special training in the nursing of mental and nervous diseases, at Bloomingdale Hospital.

The opportunity for district nursing and for training in hospital social service is granted to a limited number of pupils who may desire it and are fitted for that form of work. Thus unsurpassed opportunities are offered for thorough practical experience in all lines of nursing. Every pupil is given a systematic course, according to a pre-arranged schedule, in each department.

Scholarships.

A most unusual and valuable feature of the School is the provision of a number of Scholarships to be awarded nurses in training.

One of the Trustees of the School provides annually for a Scholarship which entitles the pupil, after graduation, to one year's tuition in the Department of Nursing and Health, Teachers' College, Columbia University, New York City. The qualifications for this Scholarship are studious habits, special aptitude for the work and an earnest desire to advance in the profession of nursing.

"The Murry Guggenheim Scholarship Fund" provides twelve Scholarships of the value of \$100.00 each. These Scholarships are awarded annually at the commencement exercises to students who have shown exceptional merit.

Three other prizes are also given annually to pupils who have shown marked advancement during the final year of training, especially in general management and executive work.

GENERAL OUTLINE OF COURSE OF INSTRUCTION.

Probationary Term.

The course is designed to make the training thoroughly practical, as well as sound in theory in the elementary nursing procedures. The pupil is trained gradually to the more responsible duties of nursing, in preparation for regular service in the wards at the end of the preliminary period.

Instruction is given chiefly by class recitations, demonstrations and laboratory work. The pupils are made familiar with the various appliances and utensils used in the care of the sick. While in the wards they are under constant direction and observation.

A demonstration of practical nursing procedure is given by the pupils at the end of their preliminary term of training in order to judge of their fitness to undertake nursing responsibilities in the wards of the Hospital. Written examinations and special tests are also conducted at regular intervals to determine the mental ability of the students. After successfully passing these various tests the probationers are accepted as regular pupil nurses and receive the uniform of the School.

Junior Term.

At the beginning of the Junior Term the pupils enter the wards as assistant nurses and are expected to perform any duties assigned to them. Recitations and demonstrations are continued in the class rooms at stated hours, the nurses being relieved from their ward duties during such periods. More advanced nursing procedures are studied,



A CLASS IN PRACTICAL NURSING.

and courses in Materia Medica and Urinalysis are added to those subjects continued from the preliminary term.

Intermediate Term.

During the second year lectures are given on surgical and medical diseases; the principles and practice of massage are taught and classes in reading and public speaking conducted by the President of the Woman's Speaking Club of America. During this year each intermediate pupil is afforded the opportunity for special training in the care of private patients and receives a course in obstetrics at one of the affiliated maternity hospitals.

Senior Term.

In the third year a very thorough course of training in operating room work is given each senior pupil. Lectures and demonstrations are continued and the most advanced nursing subjects are brought before the pupils. Opportunity for elective work is offered in district nursing, in the social service department, in mental nursing at Bloomingdale and along executive lines in the management of wards.

SCHEDULE OF STUDIES.

<i>Preliminary Term</i> 1st half, 1st year	<i>Junior Term</i> 2nd half, 1st year	<i>Intermediate Term</i> 2nd year	<i>Senior Term</i> 3d year
Anatomy and Physiology	Anatomy and Physiology	Massage	Pediatrics
Bacteriology	Materia Medica	Medical Diseases	Infectious and Contagious Diseases
Hygiene and Sanitation	Urinalysis	Surgical Diseases	Nervous and Mental Diseases
Dietetics and Cookery	Nursing of Infants and Children	Gynecology	Eye, Ear, Nose & Throat
Solutions	Bandaging	Obstetrics	Operating Room
Chemistry			Special Elective Work
Practical Nursing	Practical Nursing	Principles of Nursing	Practical Demonstrations
Principles of Nursing	Principles of Nursing	Reading & Public Speaking	Advanced Nursing Topics



THE DEMONSTRATION ROOM. BED-MAKING.

Equipment for Instruction.

Special class rooms equipped with charts, skeleton, manikin, a reflectoscope, blackboards and all the necessary appliances are provided for the purpose of lectures and demonstrations. Laboratories are available for pathological and bacteriological demonstrations. The drug room is used for practical work in connection with the lessons in Solutions and Materia Medica. Instruction in the properties and the preparation of foods, with their application to the needs of the sick is given in a well equipped dietetic laboratory. A diet kitchen is also provided for the use of the nurses in which they obtain practical experience in the preparation of special diets. Every encouragement is given to the pupils to make use of the well chosen reference library which affords them an opportunity for individual work.

APPOINTMENT OF PROBATIONERS.

Requirements for Admission.

When possible the candidate should apply to the Superintendent of Nurses in person, preferably accompanied by her mother or any other relative interested in her welfare. Detailed information could then be given which would be unsatisfactory or incomplete if given by correspondence. If a personal interview is impossible a written application may be submitted. The hours for seeing applicants are between ten and twelve A. M. Mondays and Saturdays; at other times by appointment.

Age.

Candidates should be between twenty and thirty-five years of age. Exception to this limit is occasionally made when there is a difference of only a few months or when the applicant is particularly fitted for the work. Candidates less than twenty years of age may make application; if such candidates are otherwise acceptable, their applications are placed on file until the minimum age limit is reached. High school graduates under age are frequently admitted.

Physique.

Applicants should be in good health and sound physical condition. Anyone with organic defects cannot be received.

Education.

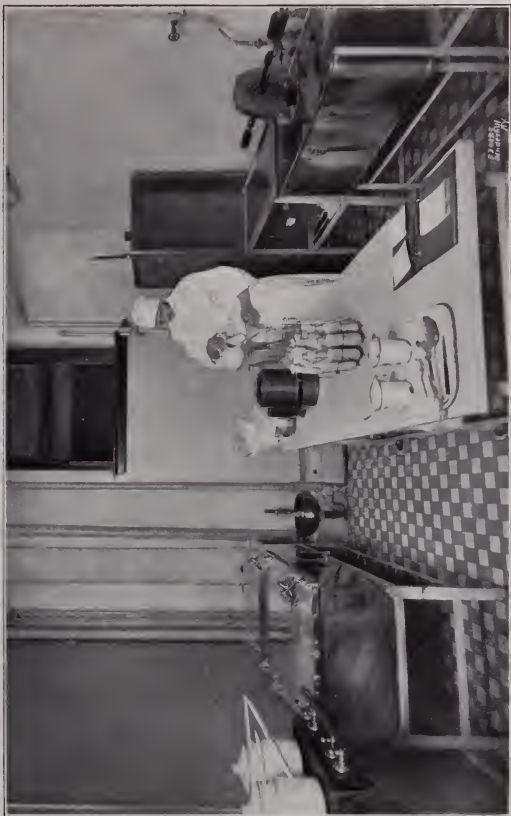
One year of high school or its equivalent is essential. Graduates of high schools and women of superior education and cultivation, with a practical knowledge of household affairs, are given preference provided they meet the other requirements.

Calendar.

Classes of probationers will be received in September, December, February and May.

Length of Course.

The course of training covers three years from the date of entrance. It is divided into a preliminary term of three months, junior term of nine months, an intermediate term of one year and the senior term of one year.



THE MILK ROOM.

Terms of Acceptance.

If the record of a pupil should prove unsatisfactory during the first six months, the Superintendent of Nurses may terminate the connection of the pupil with the School. At any subsequent period the Board of Directors upon recommendation of the Committee on Nurses and Instruction may dismiss a pupil for misconduct, inefficiency or failure to develop qualities befitting the nursing profession.

Uniform Equipment.

During the preliminary term probationers wear a uniform which they must provide at their own expense. After acceptance the pupils are required to wear the uniform of the School which is provided by the Hospital free of charge. Pupils are not permitted to appear on the street in uniform at any time.

Directions for making probationary uniforms and a list of the necessary articles of clothing will be sent to each accepted pupil.

Expenses.

There are no tuition fees. After the expiration of the first two months an allowance of \$5.00 per month is made to each pupil until graduation. The Hospital provides uniforms, text-books and instruments. Should the pupil for any reason leave the School before completing the course, she may not take any part of the uniform, the text-books or the instruments.

During the whole course of training the pupils are maintained at the expense of the Hospital. Other expenses depend upon the personal habits of the individual.

Residence.

The pupils reside in the Nurses' Pavilion, which is a separate building adjoining the Hospital. This building, which is equipped with all the modern conveniences and comforts, has also a large roof furnished with steamer chairs and cots, thus affording an outdoor rest room. Many take advantage of this roof for sleeping out at night. The bedrooms are comfortable, well-lighted, heated and ventilated. Every facility is provided for study, recreation and hygienic living.

Religion.

The School is non-sectarian and there are no religious services connected with it. Students are, however, expected to attend the place of worship which they prefer. All students must be present at Assembly every morning, when an effort is made to begin the day aright by the reading of a few lines of helpful literature.

Vacations.

Three weeks' vacation is allowed each pupil during the first year and four weeks during the second year. These vacations are planned as nearly as possible to come between the first of May and the last of September.

Illness.

In illness all pupils are attended gratuitously by a physician appointed by the Board of Directors. Time lost through illness or through any other cause is required to be made up. A room in the Hospital has been endowed for the benefit of sick graduate and pupil nurses of the School.



A CLASS IN ANATOMY.

Leave of Absence.

Pupils will not be allowed during the course of instruction to nurse sick relatives at home, or to absent themselves for other personal reasons; absence is allowed only in extreme cases, and for a limited time. If for any reason a pupil is obliged to be away from the School for a period exceeding four weeks, the date of her return to the School and her class standing upon her return will be determined by the Superintendent of the School.

Hours of Duty.

The pupil averages nine hours per day in the wards. One half day per week is given, four hours each Sunday and two hours daily for rest and recreation.

How to Reach the Hospital.

Applicants who find it convenient to apply in person but who may not be familiar with the city, are advised to find their way to the Hospital by means of the street car in preference to cab service. The Hospital can be conveniently reached from the Grand Central Station on 42nd Street by taking a northbound Madison Avenue car, and from the Pennsylvania Station by taking a 34th Street car going east to Fourth Avenue, where a northbound Madison Avenue car can be obtained. Madison Avenue cars pass the Hospital at 100th Street.

Baggage.

All baggage should be plainly addressed with name in full, care of Mount Sinai Training School for Nurses, Madison Avenue and 101st Street, New York City.

Social Advantages.

Realizing the value of relaxation and of recreative interest and thought, and that good spirits are as essential to success in nursing as in other lines of work and study, a special effort is made to encourage all wholesome diversions. A Trustee of the School has established "A pleasure fund" of \$10,000, the income of which is used by the pupils for their entertainment. Dances are given during the Winter to which nurses have the privilege of inviting friends. The Commencement Exercises are followed by a reception and dance given in honor of the graduating class. Small affairs arranged by the students themselves, are encouraged. The Intermediate class entertains the School by giving a dramatic entertainment at the completion of the course in Reading and Public Speaking. Two pianos and a victrola are furnished for the use of the nurses and a tennis court is also available.

The City of New York offers many points of interest and instruction with a variety of opportunities for the enjoyment of art and music; students of the School are encouraged to use these opportunities for the cultivation of intellectual interests that will help make them not only good nurses but broader and more cultured women.

A reference library has been given and endowed by a friend of the Training School. This library contains books which supplement the class work and enable any pupil to pursue advance study while in the School. In addition there is a library of standard authors, to which the nurses have access at all times. Magazines and papers supply general information and keep the students interested in current events.



A CLASS IN DIETETICS.

Examinations.

Examinations both written and oral are held at the end of the course of instruction in each subject. They include practical tests and the standing of the pupil is based upon the general character of her work throughout the year, as well as upon the results of her examinations. Pupils must pass in all subjects of a given year before entering upon the work of the following year. Careful and complete records of class work, of examinations and of the general deportment of all pupils, are kept on file.

Graduation.

The diploma and medal of the School will be awarded to those who have honorably and successfully completed the course. A diploma is also awarded by the Sloane Maternity Hospital or the Lying-In Hospital for the three months' obstetrical course.

Registration.

As graduates of the School, nurses are qualified to take the Regents Examination for the degree of "Registered Nurse." (R.N.) They can then qualify for army nursing service and as Red Cross Nurses provided they have reached the age of twenty-five years and are in good standing.

Registry.

The Training School maintains a registry for its graduate nurses. There has been from year to year a steady increase in the number of calls for Mount Sinai graduates.

ALUMNAE ASSOCIATION.

The Mount Sinai Alumnae Association was organized in 1893. It has a two-fold object; to hold together the graduate body and to care for its members when ill.

The Society after twenty-two years of successful existence has a membership of over 350. Meetings are held monthly during nine months of the year and after each meeting tea is served and a social hour spent.

The Association is affiliated with the County and State Organizations as well as with the American Nurses' Association.

Through the generosity of Mrs. Max Nathan a comfortable room known as the "Alumnae Room" has been endowed in the Hospital where nurses may have the advantage of skilled medical and nursing care.

Provision for old age is another problem which has received attention. With the assistance and advice of the Directors of the Training School a Pension Fund has been established. While still in its infancy, this fund now amounts to \$70,000.00, the income of which is applied to the payment of pensions to those who are eligible.

A monthly bulletin is published by the Society containing the minutes of each meeting, items of interest to the graduates and special medical and surgical articles.

It is the aim of the Association to interest the pupil nurse in Alumnae affairs from the beginning of her course in training to the time of her graduation. The Society realizes that only in this way can its ranks be strengthened and the scope of its work broadened.



THE STUDY

ADVANTAGES PECULIAR TO THE PROFESSION OF NURSING.

Nursing is the best possible preparation for woman's special sphere, home-making and motherhood. The nurse is sure of expert care if she is ill during the period of training. She is sure of occupation as soon as she is graduated, and except for private nursing, requires no equipment. For private nursing the equipment is very inexpensive. She can practice her profession in almost any part of the world. It is the least expensive of professional courses.

VOCATIONS FOR NURSES AND USUAL SCALE OF PRICES.

	Per month including maintenance
Head Nurse of Wards.....	\$50.00
Head Nurse of Departments.....	\$50.00 to \$100.00
Anaesthetists	\$50.00 to \$75.00
Assistant Superintendents....	\$50.00 to \$100.00
Superintendents of Hospitals.....	\$75.00 to \$200.00
Superintendents of Training Schools	\$65.00 to \$200.00
Nurse Instructors	\$65.00 to \$100.00
Resident Nurses in Schools and Colleges	\$60.00 to \$100.00
Army and Navy Nurses.....	\$50.00 to \$100.00
Red Cross Nurses.....	\$50.00 upwards
	Per month without maintenance
Visiting Nurses	\$65.00 to \$100.00
Office Nurses	\$75.00 to \$100.00
School Nurses	\$65.00 to \$90.00
Social Welfare Workers.....	\$75.00 to \$125.00
Foreign Missionary Workers..	\$35.00 upwards

SPECIAL ADVICE TO CANDIDATES.

Candidates should carefully select the School in which they desire to take training, as there are great differences in schools of nursing. They should always seek to enter the best school to which their qualifications would entitle them.

The best schools are those that have the most experience to offer, the best equipped teachers and class rooms; that do not overwork the pupils; that furnish good living conditions; that look after sick nurses carefully, and that prepare pupils adequately for more than one branch of nursing.

Poor schools are those that exploit the pupils to obtain cheap nursing service and offer inadequate educational opportunities; that fail to meet registration requirements, or the standards that are recognized by the Red Cross, Army and Navy Bureaus.

The following considerations often mislead candidates:

Shortness of courses offered.

Payment of large monthly allowances.

Advertising methods.

If in a state or country where nurses are registered, see that the school is recognized by the State Board of Examiners, otherwise it would be very difficult to get any standing in the profession.

If in any doubt about the standing or reputation of a school, it would be advisable to consult with some of the

officials of the State Nursing Association or with some of the nursing authorities below mentioned.

In New York City:

Department of Nursing and Health, Teachers College,
Columbia University.

Miss Ella Phillips Crandall, Secretary of the National
Organization of Public Health Nursing.

Miss Irene Yocum, Registrar of the Central Registry
for Nurses.

In the Country at large:

Miss Sophia Palmer, Editor of the American Journal of
Nursing, 45 South Union Street, Rochester, N. Y.



MOUNT SINAI HOSPITAL